The Heath Effects OF TOXICRELATIONSHIPS

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TOXIC RELATIONSHIP

A toxic relationship is a relationship that makes you feel unsupported, misunderstood, demeaned, or attacked, and can therefore lower one's self-esteem. These kinds of relationships have lots of conflict and at least one partner undermines the other. This can include physical abuse, name calling, lying, gossip, and other abusive behavior.

(Source: Barhum, Lana. "Serious Ways Toxic Relationships Can Do Damage To Your Body." Health Digest, 27 January 2023.)



SIGNS OF AN UNHEALTHY RELATIONSHIP

- O1 EXPERIENCE VERBAL, PHYSICAL, OR EMOTIONAL ABUSE
- O2 FEEL A LACK OF CONTROL IN YOUR ACTIONS/ FEEL CONTROLLED
- **03** FEAR OF PARTNER
- O4 FEEL LIKE YOU ARE IN A CONSTANT STATE OF STRESS/ DRAINED OF ENERGY
- **O5** FEEL A LACK OF SUPPORT / ISOLATION FROM OTHERS
- O6 HARNESS NEGATIVE FEELINGS ABOUT YOURSELF

lower self-esteem

02 lack of sleep

MENTAL HEALTH EFFECTS?

disconnect from other relationships (friends or family)

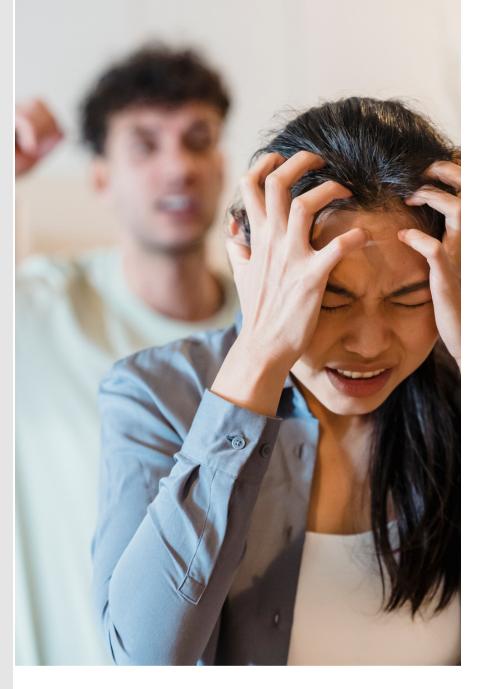
O4 worsened anxiety and stress disorders

neglect of self-care practices (poor diet and hygiene)

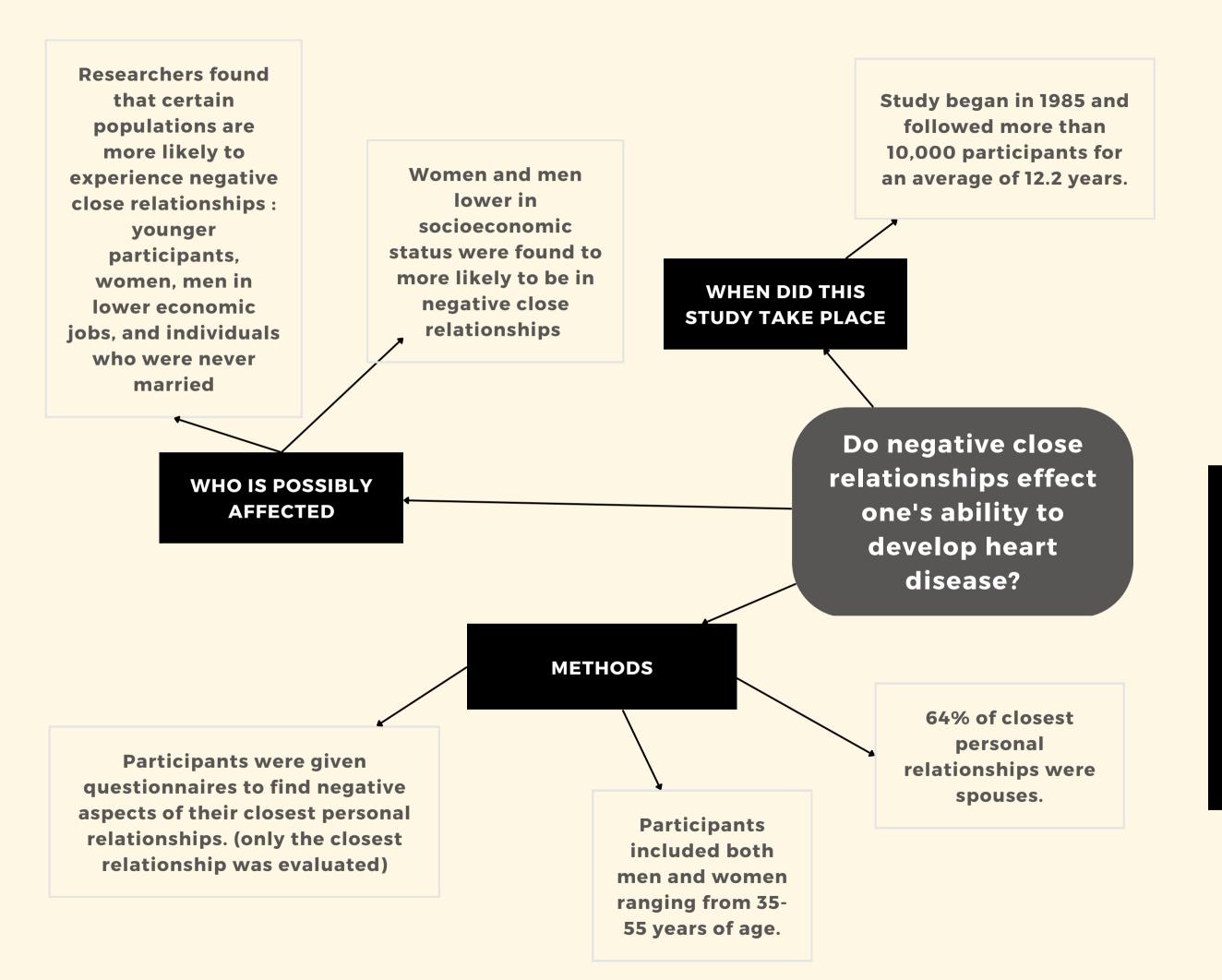
WHAT ARE THE PHYSICAL HEALTH EFFECTS?

Women who experience negative close relationships may have:

- increased risk of developing cardiac related health problems
- increased risk of higher blood pressure
- increased risk of a weakened immune system due to heightened cortisol levels







WHITEHALL II STUDY

Overall, study results showed that participants whose first close personal relationship was negative were at a greater risk of a cardiac event, including a fatal cardiac event, than their counterparts whose close relationships were not negative.

(Source: De Vogli R, Chandola T, Marmot MG. Negative Aspects of Close Relationships and Heart Disease. Arch Intern Med. 2007;167(18):1951-1957. doi:10.1001/archinte.167.18.1951.)

Mais Jonesic VIOLENCE?

According to the National Coalition Against Domestic Violence...

"Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, economic, and emotional/psychological abuse. The frequency and severity of domestic violence varies dramatically."

That are the PHYSICAL/MENTAL IMPACTS?

Women abused by their intimate partners are...

- more vulnerable to contracting HIV or other STI's through forced intercourse or prolonged high cortisol levels.
- may experience depression and suicidal behavior.
- higher risk for developing substance abuse (i.e. alcohol, tobacco, or drugs).
- Sexual and reproductive health effects are linked to intimate partner violence such as adolescent pregnancy, miscarriage, stillbirth, intrauterine hemorrhage, etc.
- Mental/physical health effects have been linked to intimate partner violence such as neurological disorders, PTSD, anxiety/depression as well as hypertension, cancer and cardiovascular diseases.



Source: ""DOMESTIC VIOLENCE." Assets Service, 7 August 2020.

victims of domestic violence lose a total of 8 million days of paid work each year.

Matarian the ECONOMIC IMPACTS?

Cost of domestic violence is higher than\$8.3 billion/year.

142 women were murdered in their workplace by their abuser between 2003-2008

21-60% of domestic violence victims lose their job due to the abuse

MISCONCEPTIONS OF WOMEN WHO STAY IN TOXIC RELATIONSHIPS AND DOMESTIC VIOLENCE

"WHY DON'T THEY JUST LEAVE"

- Society normalizes unhealthy behavior so people may not understand that their relationship is abusive.
- Emotional abuse destroys your self-esteem, making it feel impossible to start fresh.
- The Cycle of Abuse: after every abusive incident comes a make-up honeymoon phase.
- It's dangerous to leave. VERY dangerous.
- It's not just hard to breakup safely, it's also hard to escape the cycle of control.





- Society perpetuates a ride-or-die mindset.
- It's not just hard to breakup safely, it's also hard to escape the cycle of control.
- There is social pressure to be in a perfect relationship.
- Fear of how others will react.
- They share a life together.



(Source: "11 Reasons Why People in Abusive Relationships Can't "Just Leave."" One Love Foundation.)

NATIONAL RESOURCES FOR WOMEN WHO MAY BE EXPERIENCING A TOXIC RELATIONSHIP OR INTIMATE PARTNER VIOLENCE

The National Domestic Violence Hotline:

1-800-799-7233 (SAFE) www.ndvh.org

National Sexual Assault Hotline:

1-800-656-4673 (HOPE) www.rainn.org

National Suicide Prevention Lifeline:

1-800-273-8255 (TALK) www.suicidepreventionlifeline.org

National Center for Victims of Crime:

1-202-467-8700 www.victimsofcrime.org

National Resource Center on Domestic Violence:

1-800-537-2238

www.nrcdv.org and www.vawnet.org

Futures Without Violence: The National Health Resource Center on Domestic Violence:

1-888-792-2873

www.futureswithoutviolence.org

National Center on Domestic Violence, Trauma & Mental Health:

1-312-726-7020 ext. 2011

www.nationalcenterdvtraumamh.org

National Coalition Against Domestic Violence:

737-225 3150

https://ncadv.org/RESOURCES

National Dating Abuse Helpline

1-866-331-9474

www.loveisrespect.org

LOCAL RESOURCES FOR WOMEN WHO MAY BE EXPERIENCING A TOXIC RELATIONSHIP OR INTIMATE PARTNER VIOLENCE

CasaLuz:

para servicios en Español

901-500-8214

Family Safety Center:

Crisis Line

901-222-4400

Kindred Place:

901-800-6064

YMCA DV Crisis Hotline:

901-276-2200

Memphis Police Dept. DV Unit:

901-636-2950

REPORTDV901.org

Shelby County Crime Victims & Rape Crisis Center

901-222-4350

901-222-3950 (DV)

Memphis Child Advocacy:

(for children 13 and under)

901-525-2377

Memphis Police Dept.:

For emergency call: 9-1-1

For non-emergency call: 901-545-2677

Shelby County Sheriff's Office:

901-222-4479 (For DV and Rape)

MemphisSaysNOMORE.com

MATTER?

As women, it is important we understand when a relationship has become unhealthy. This is not just because women deserve love that allows them to be the individual they truly are, but because it can affect our well-being and our optimal level of health. It is imperative for women's well beings to know and accept the signs of a toxic relationship and to understand how relationships and social factors affect the health of all women.

you deserve a healthy love

(and a healthy life)

